

Start at Home's Bi-Weekly Meal Plan Part 2

Main Dish	Side	Veggie
Lima Bean Goulash	Corn Bread	Asparagus
Rainy Day Soup	Rolls	Veggies are in the soup
Chicken Noodle Soup	French Bread	Carrots/peas are in the soup
Baked Potatoes	Chili	Broccoli
Salad Bar	Boiled eggs for protein	
Teriyaki Chicken	Rice	Asparagus
Hard Shell Tacos	Rice and Beans	Salad
Alfredo Chicken	Rolls	Broccoli
Salmon	Mashed Potatoes	Broccoli
Smoked Pork Roast	Potato Salad	Salad
Steaks	Steak Fries	
Hamburgers	Chips	Veggie Tray
Leftovers		

Start at Home's Shopping list

Shopping List			
PRODUCE			
Potatoes	for: loaded potatoes, steak fries, mashed potatoes, potato salad, rainy day soup		
Broccoli	3 meals		
Asparagus	3 meals		
Carrots	2 meals: rainy day soup and chicken noodle soup		
Salad packs (3)	2meals		
Lettuce	Salad bar		
Onion	2 meals: rainy day soup, chicken noodle soup		
Rainy day soup veggies	Squash, green beans, cauliflower, corn, celery, onion		
GRAINS			
Hamburger buns			
French Bread	1 meal		
Rice	2 meals: Teriyaki chicken and hard shell tacos		
Corn Bread Mix	1 meal		
Hard Taco Shells			
CANNED GOODS			
Chili	1 meal: for loaded potatoes		
Lima beans	2 cans		
Tomato Juice	2 big cans for rainy day soup		
Stewed tomatoes	2 16 oz cans for rainy day soup		
Black beans	1 meal		
MEAT			
Salmon	1 meal		
Hamburger	2 meals: hard shell tacos and hamburgers		
Steaks	1 meal		
Pork Roast	1 meal		
Chicken Breasts	For: Chicken noodle soup, Alfredo chicken, Teriyaki chicken		
Beef Stew	1 meal: Rainy Day soup		
Eggs	2 meals: Potato salad and salad bar		
OTHER ITEMS			
Topping for salad bar	Olives, shredded cheese, croutons, peas, carrots, onions		
Alfredo sauce			
Spaghetti	1 meal: Alfredo Chicken		
Parmesan cheese	1 meal: Alfredo Chicken		
Egg noodles	1 meal: chicken noodle soup		
Beef Bouillon	1 Meal: Rainy Day soup		
Chicken Bouillon	1 meal: chicken noodle soup		
Garlic	for seasoning		